	 	Co	hort # 1
Day 1			
	T		
Meal/Food			
Breakfast			
Shake (A/B) drink before meal			
Bagel			
Cream cheese, regular			
Jelly, regular			
Turkey sausage			
Banana			
Beverage:			
Lunch			
Shake (A/B) drink before meal			
White bread			
Deli turkey			
Kraft singles cheese			
Mayonnaise, regular			
Mustard			
Pretzels			
Orange			
Beverage:			
Dinner			
Shake (A/B) drink before meal			
Chicken breast			
White rice			
Broccoli			
White roll			
Beverage:			
		1	1

		 Co	hort # 1
Day 2			
	,		
Meal/Food			
Breakfast			
Shake (A/B) drink before meal			
Boiled eggs			
English muffin			
Butter			
Jelly, regular			
Turkey bacon			
Grapes			
Beverage:			
Lunch			
Shake (A/B) drink before meal			
Hamburger patty			
Hamburger bun			
Kraft 2% singles cheese			
Ketchup			
Mustard			
Kraft light mayonnaise			
Baked Lays chips			
Quaker chewy granola bar			
Canned peaches, heavy syrup			
Beverage:			
Deverage.			
Diam'r.			
Dinner			
Shake (A/B) drink before meal			
Tilapia			
English peas, canned			
Carrots, canned			
White roll			
Butter			
Jello, regular			
Beverage:			

Cohort # 1 meals

	Co	hort # 1
Day 3		
Meal/Food		
Breakfast		
Shake (A/B) drink before meal		
Pancakes		
Pancake syrup		
Promise margarine		
Meatless sausage links		
Strawberries, frozen		
Beverage:		
Lunch		
Shake (A/B) drink before meal		
Hoagie roll		
Chicken salad		
Sunchips		
Mandarin oranges, in juice		
Rice Krispie treat		
Beverage:		
Dinner		
Shake (A/B) drink before meal		
Pork tenderloin		
Sweet potato		
Butter		
Brown sugar		
Spinach, canned		
Crescent rolls		
Beverage:		

	Co	hort # 1
Day 4		
Meal/Food		
Breakfast		
Shake (A/B) drink before meal		
Boiled eggs		
Grits		
Bacon		
Butter		
Canned pears, heavy syrup		
Beverage:		
Lunch		
Shake (A/B) drink before meal		
White bread		
Deli ham		
Cheddar cheese slices		
Kraft real mayonnaise		
Mustard		
Vegetable soup		
Apple .		
Beverage:		
Dinner		
Shake (A/B) drink before meal		
Meatloaf		
Ketchup		
Mashed potatoes, prepared		
Butter		
Green beans, canned		
White roll		
Oreo cookies		
Beverage:		

		Co	hort # 1
Day 5			
Meal/Food			
Breakfast			
Shake (A/B) drink before meal			
Oatmeal, plain			
Blueberries, frozen			
Sugar			
Butter			
Turkey sausage			
Beverage:			
Lunch			
Shaka (A/D) drink hafara maal			
Shake (A/B) drink before meal Sub roll			
Meatballs Marinara aguas			
Marinara sauce			
Doritos			
Mixed fruit, 100 calorie			
Beverage:			
Dinner			
Shake (A/B) drink before meal			
Turkey breast, baked			
Macaroni and cheese			
Lettuce			
Kraft Italian dressing			
Tomato, chopped			
Cucumber, chopped			
Breadsticks			
Pineapple, juice packed			
Chocolate pudding, fat-free			
Beverage:			

Snack	
Apple	
Mandarin oranges	
Banana	
Peanuts, salted	
Peanut butter	
Saltine crackers	
Graham crackers	
Regular Lay's chips	
Baked Lay's chips	
Fudge stripe cookies	
Teddy Grahams	

	All ot	her coho
Day 1		
Meal/Food		
Breakfast		
Shake (A/B) drink before meal		
Bagel		
Cream cheese, regular		
Jelly, regular		
Turkey sausage		
Banana		
Beverage:		
Lunch		
Shake (A/B) drink before meal		
White bread		
Deli turkey		
Kraft singles cheese		
Mayonnaise, regular		
Mustard		
Pretzels		
Brownie		
Beverage:		
Dinner		
Shake (A/B) drink before meal		
Chicken breast		
Macaroni and cheese		
Broccoli		
White roll		
Cherry mixed fruit		
Beverage:		

	-	All oth	ner cohor
Day 2			
Meal/Food			
Breakfast			
Shake (A/B) drink before meal			
Boiled eggs			
English muffin			
Butter			
Jelly, regular			
Turkey bacon			
Mandarin oranges			
Beverage:			
Lunch			
0			
Shake (A/B) drink before meal			
Hamburger patty			
Hamburger bun			
Kraft 2% singles cheese			
Ketchup			
Mustard			
Kraft light mayonnaise			
BBQ potato chips			
Canned pears			
Beverage:			
Dinner			
Shake (A/B) drink before			
meal			
Tilapia			
Tartar sauce			
English peas, frozen			
Baked potato			
White roll			
Butter			
Sour cream			
Chocolate chips ahoy cookie			
Beverage:			

All other cohorts- meals

	All oth	ner coho
Day 3		
Meal/Food		
Breakfast		
Shake (A/B) drink before meal		
Pancakes		
Pancake syrup		
Promise margarine		
Pork sausage pattty		
Blueberries		
Beverage:		
3		
Lunch		
Shake (A/B) drink before meal		
Croissant		
Chicken salad		
Doritos		
Diced peaches		
Rice Krispie treat		
Beverage:		
Dinner		
Shake (A/B) drink before meal		
Pork roast		
White rice		
Butter		
Caribbean vegetables		
Crescent rolls		
Edwards lemon pie		
Beverage:		
20.0.090.		

	All oth	ner cohor
Day 4		
Meal/Food		
Breakfast		
Shake (A/B) drink before meal		
Boiled eggs		
Grits		
Bacon		
Butter		
Biscuit, frozen		
Jelly		
Beverage:		
5		
Lunch		
Shake (A/B) drink before meal		
Whole wheat bread		
Deli ham		
Cheddar cheese slices		
Kraft real mayonnaise		
Mustard		
Regular potato chips		
Pound cake		
Beverage:		
Dinner		
Chalco (A/D) divints hafana nagal		
Shake (A/B) drink before meal Meatloaf		
Ketchup		
Mashed potatoes, prepared		
Butter		
Green beans, canned White roll		
Oreo cookies		
Pineapple		
Beverage:		
Doverage.		

		 All oth	ner cohor
Day 5		 	
Meal/Food			
Breakfast			
Shake (A/B) drink before meal			
Oatmeal, plain			
Brown sugar			
Blueberries, frozen			
Butter			
Turkey sausage			
Beverage:			
Lunch			
Shake (A/B) drink before meal			
Sub roll			
Meatballs			
Marinara sauce			
Doritos			
Applesauce			
Beverage:			
Dinner			
Objection (A/D) desired by of the control of			
Shake (A/B) drink before meal			
Turkey breast, baked			
Sweet potato			
Brown sugar			
Butter			
Lettuce			
Kraft Italian dressing			
Tomato, chopped			
Cucumber, chopped			
Breadsticks			
Chocolate pudding, fat-free			
Beverage:			
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Snack	
Granola bar (avg)	
Banana	
Peanut butter	
Graham crackers	
Chips (avg)	
Baked Lay's chips	
Lorna Doone cookies	
Swiss cake roll	
Skim milk	
Yogurt	
Cereal (avg)	
Oreos	
Animal crackers	
Pear, fresh	
Famous Amos cookies	
Quaker granola bar	
Quartor grantora bar	
Nature Valley granola bar	
Saltine crackers	
Ranch dressing	
Beverage:	
Skim milk	
Whole milk	
Apple juice	
Orange juice	
Coke	
Sprite	
Mt Dew	
Dr. Pepper	
Gingerale	
Diet drinks	